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Tuesday, July 16th at noon.
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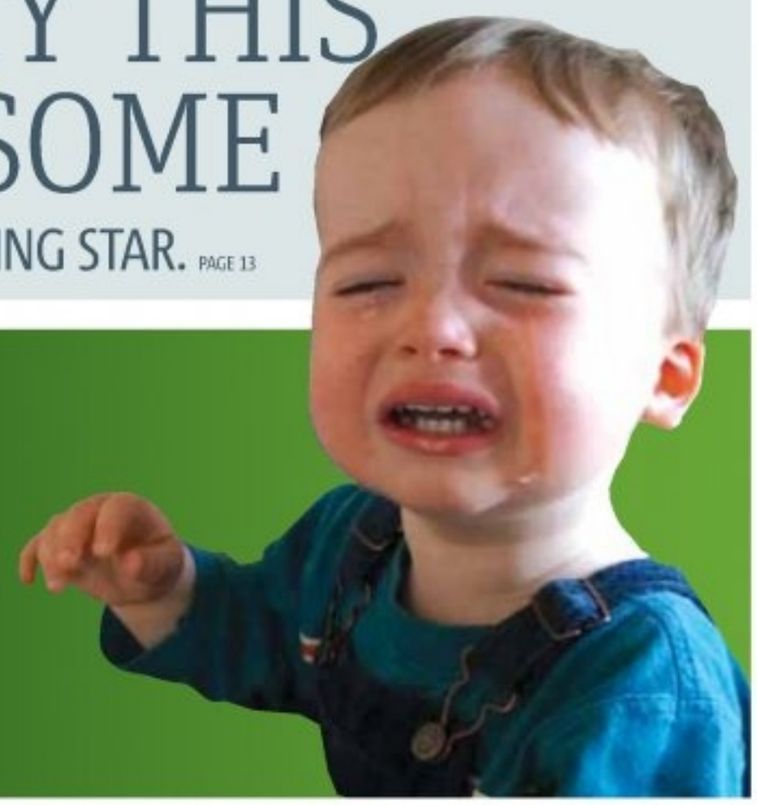
REASONS WHY THIS BLOG IS AWESOME

'REASONS MY SON IS CRYING' IS A RISING STAR. PAGE 13



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BOSTON Tuesday, July 9, 2013 www.metro.us | t: MetroBOS | f: MetroBoston

Several surveillance images of James "Whitey" Bulger, left, and his former right-hand man Kevin Weeks were discussed in court yesterday. Also discussed were photos of a cache of weapons used by the Winter Hill Gang, a safe that Weeks used to stash weapons and the car where two of Bulger's alleged victims were killed. / U.S. DEPARTMENT OF JUSTICE

From right hand to rat

Key witness. Former Winter Hill Gang member Kevin Weeks tells jury that James 'Whitey' Bulger was the triggerman in at least one murder. **Long walks on the beach.** Weeks also explained that he and Bulger would often go for walks outdoors so their conversations couldn't be intercepted by law enforcement. **More to come.** Weeks is due back on the stand today. PAGE 02

Kraft breaks silence on Hernandez

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Kristen Wiig's 'Despicable' interview

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Travel: We can't keep the DR on the DL

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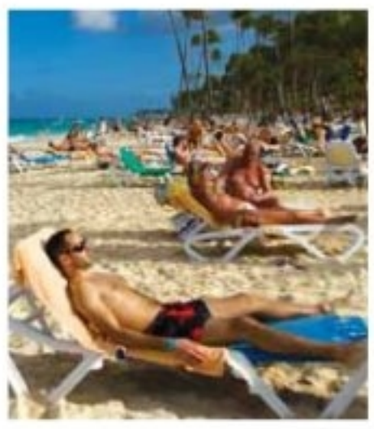

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1 NEWS

Top 3

What's trending online at Metro.us

1 'Aaron Hernandez, Paul Pierce, Snoop Dogg flashing Bloods, Crips gang signs'

2 Photos: 'Whitey Bulger under surveillance'

3 Video: 'Mos Def gets force-fed like Guantanamo inmate'

Today's tweet

"So driver where is this unmarked train going? You've announced it going to both Braintree & Ashmont #mbta"

@rev8056, whose destination was unknown.

Fatal shooting

Two arrested for murder of Stoneham vet

Two men have been arrested in the death of veteran Joseph Puopolo, who was shot dead July 3 inside a Stoneham home.

The Middlesex District Attorney's office said Jessie Williams, 24, of Medford, and Eugene Tate, 19, of Malden, were arrested Sunday and charged with murder, armed assault with intent to murder, assault with a dangerous weapon, armed robbery and illegal possession of a firearm. METRO

Mystery illness

Heinz Kerry still in hospital

The State Department said yesterday that Teresa Heinz Kerry's condition was upgraded to fair from critical, one day after the 74-year-old was rushed to the hospital with an unspecified illness.

A source close to the family claims Heinz Kerry, wife of Secretary of State John Kerry, suffered symptoms consistent with a seizure Sunday afternoon while vacationing at the family's Nantucket home. METRO

Spousal slaying

Husband wanted in murder of Charlestown woman

The husband of Kelly Robarge, the Charlestown woman who was found dead in New Hampshire over the weekend, is being charged with her second-degree murder.

Robarge went missing on June 27, the same day she filed for divorce from her husband, James. He will face charges of recklessly causing his wife's death "by inflicting trauma to her body ... manifesting an extreme indifference to the value of human life," authorities said. METRO

Bulger, second from right, and Weeks, far right, are seen on one of their walks in this surveillance image admitted as an exhibit in Bulger's trial yesterday. / US ATTORNEY'S OFFICE

Kevin Weeks fingers Bulger as gunman

Whitey trial. Bulger's former right-hand man testified yesterday during the alleged mob boss's trial.

In chilling detail, confessed mobster Kevin Weeks recounted how James "Whitey" Bulger allegedly stood over a man and repeatedly shot him to death outside a Seaport District bar.

Weeks, 57, was Bulger's former right-hand man in the Winter Hill Gang and testified yesterday against his former mob mentor.

Weeks testified about the 1982 murders of Brian Halloran and Michael Donahue.

Halloran, a gangster, had been cooperating with the FBI, and Bulger got word of it.

Weeks said he and Bulger found out Halloran was at a Seaport bar one night and went over there. Weeks spotted Halloran coming out of the bar and used a two-way radio to alert Bulger, who was driving a car with another gunman in it.

Donahue was not targeted, but had pulled up to the bar to give Halloran a ride home.

At that moment, Bulger pulled up and yelled, "Brian," Weeks said.

That's when Bulger and the gunman opened fire and the car started to roll away. At one point Halloran got out of the car, still alive.

"Jim Bulger made a U-turn, came back around and Brian Halloran had exited the vehicle. ... Jim Bulger just started shooting right at him," Weeks said. "Brian Halloran went down and Jim Bulger kept shooting at him and his body was bouncing off the ground."

After the mobsters fled, Weeks said he went to a prearranged meeting spot in Dorchester. When Bulger wasn't there, Weeks said he beeped him and he called back. Weeks said Bulger told him he was out to eat with his girlfriend and that Weeks should get some food as well.

Weeks testified that eventually he and Bulger met up with fellow gang member Stephen Flemmi, and Bulger recounted the murder for Flemmi.

"Did he make any attempt to minimize his role?" Assistant U.S. Attorney Brian Kelly asked Weeks.

"No. It was all about him at that time," Weeks said.

Weeks also testified about other crimes the group allegedly committed, including extortion and racketeering.

Weeks spent about five years in jail after making a plea agreement with the government in exchange for his testimony. He is one of the key government witnesses against Bulger.

The 83-year-old Bulger was arrested in Santa Monica, Calif., in 2011 after 16 years on the run. Bulger fled after corrupt FBI agent John Connolly tipped him off just before his indictment for various crimes including racketeering, extortion and 19 murders.

Weeks will be on the stand again today to continue his testimony.

MICHAEL NAUGHTON
michael.naughton@metro.us

Clever criminals

Weeks talks tricks of the trade

Having once been partners in crime for almost 20 years, Kevin Weeks was able to provide some insight into how alleged mob boss James "Whitey" Bulger operated.

Bulger liked to take walks "for the fresh air and exercise," Weeks said.

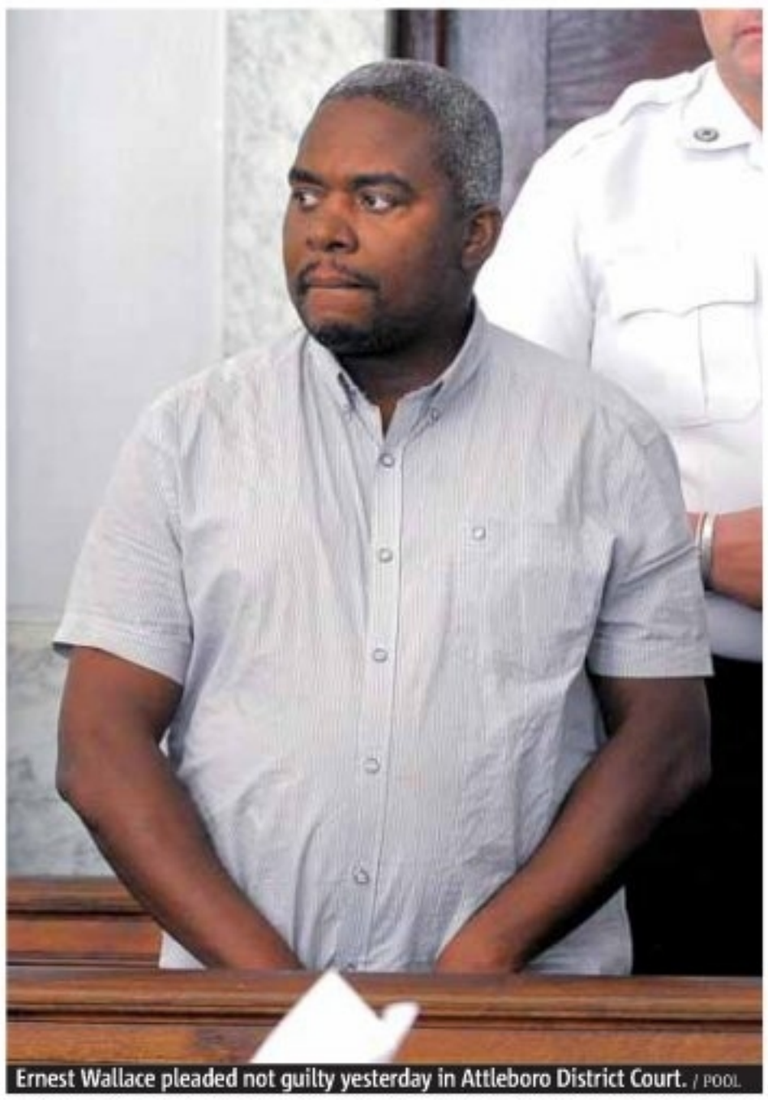
But there was also another important reason Bulger liked to walk outside and not in an enclosed space.

"We talked outside so we wouldn't be intercepted by law enforcement," said Kevin Weeks, Bulger's former right-hand man in the Winter Hill Gang.

Weeks also testified about the 1975 Chevy Malibu Bulger drove during hits that was able to send out a smokescreen or create an oil slick to prevent followers. MICHAEL NAUGHTON

Alleged Hernandez accessory ordered held without bail

Murder probe. A third suspect in the Aaron Hernandez murder case pleads not guilty.



Ernest Wallace pleaded not guilty yesterday in Attleboro District Court. / POOL

An alleged accessory in former New England Patriots tight end Aaron Hernandez's murder case was ordered held without bail yesterday, according to the Bristol County District Attorney's Office.

Ernest Wallace, 41, was arraigned in Attleboro District Court on charge of accessory to murder after the fact. He pleaded not guilty, and is due back in court July 22 for a pretrial hearing.

Odin L. Lloyd, 27, of Dorchester was fatally shot near Hernandez's North Attleboro home on June 17. Hernandez was released from the team and formally charged with the murder on June 19.

Wallace and Carlos Ortiz, 27, are accused of being with Hernandez when he allegedly shot Lloyd five times, execution style.

METRO

Fire follow-up

Overcrowding ruled out in Allston house fire

A three-story Allston home that housed 20 people does not appear to have violated occupancy limits, according to preliminary findings by the city's Inspectional Services Department.

The house caught fire early Sunday, causing $1 million in damage.

"Some of the owners' family were in the home. It's not really a typical student overcrowding issue," ISD Commissioner Bryan Glascock said. "We are waiting to hear ... the cause of the fire, but there's nothing ... to indicate a problem." METRO

'Duped.' Patriots owner breaks his silence on Aaron Hernandez arrest

New England Patriots owner Robert Kraft spoke out about former tight end Aaron Hernandez for the first time yesterday since the 23-year-old was charged with murder.

"If this stuff is true, then I've been duped and our whole organization has been duped," Kraft told reporters. "When he was in our building, we never saw anything where he was not polite. He was always respectful to me. We only know what's going on inside the building. We don't put private [investigators] on people."

Hernandez was released from the team on June 19, shortly before he was arrested on murder charges. METRO

Hernandez speaks at his June 19 arraignment. / POOL

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Bike rage

Cyclist punches elderly man: cops

Cohasset police arrested a 52-year-old cyclist from Norwell after he allegedly punched an older man in the face.

The cyclist was allegedly cut off by the 72-year-old driver, according to the Patriot Ledger. METRO

MBTA crime

MBTA police are seeking alleged bicycling burglar around Back Bay

MBTA Transit Police yesterday released surveillance video of a man they believe burglarized the Depot Express Store in the MBTA Back Bay Station.

The alleged burglary happened in the early morning hours Sunday and, according to Transit Police, several items were stolen.

Police released this image yesterday. / TRANSIT POLICE

The suspect is seen walking a bicycle through the station, and holding an object over his face, apparently in an effort to shield his identity.

Anyone with information about the burglary can call Transit Police at 617-222-1050, anonymously text 873873 or use the MBTA's SeeSay app. METRO

Cop arraigned. Quincy police captain accused of assaulting pregnant wife

A Quincy Police captain was arraigned yesterday on charges of assault and battery stemming from an alleged attack on his pregnant wife.

Capt. Michael J. Miller, 49, of Quincy, was arrested by Plymouth Police on Saturday following an argument with his estranged wife. A restraining order had been issued against Miller on Friday.

He faces charges of assault and battery.

Miller is a 27-year veteran of the Quincy Police Department, according to Quincy Police Capt. John Dougan.

The alleged assault happened at his wife's home in Plymouth around 4 p.m. Friday, according to reports.

"It's always troubling when a police officer, when there is an accusation made," Quincy Police Chief Paul Keenan told The Boston Globe. "We take it seriously and that's why we took immediate action and placed him on administrative leave."

Paid leave

When Miller is allowed to return to work will depend on the court's findings.

- "At this point it's only an allegation. It would depend on the criminal activity or what he's involved with. We'll have to wait on what the charges are and what comes out of the court process," Quincy Police Chief Paul Keenan told the Globe.

The couple is separated, but share a child. Miller reportedly drove to the home to pick up the child before the argument happened.

He was freed on personal recognizance.

Dougan said Miller has been put on paid administrative leave until the case is resolved, and his gun license has been temporarily suspended. MORGAN ROUSSEAU

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More beds for Boston

One of the city's newest hotels celebrated its opening yesterday with the help of Mayor Thomas Menino. The historical building on Congress Street recently underwent a $50 million restoration and was turned into the Marriott Residence Inn Boston Downtown/Seaport. The extended-stay accommodation features 12-foot-high ceilings and a 1900s-era atrium with subway tiles. / NICOLAUS CZARNECKI, METRO

Fatalities. Death toll rises in Canadian runaway train blast

The death toll in Quebec's oil train disaster jumped to 13 people yesterday and police said about 37 more people were missing, a sign the derailment and explosion could be the worst accident in Canada since the Swissair crash of 1998.

Police estimated a total of around 50 people were either dead or missing after the blast destroyed dozens of buildings in the center of Lac-Megantic early Saturday. Previously, they had said five people were dead and 40 missing. REUTERS

Residents were in tears at the site of the derailed train. / GETTY IMAGES

Ball of flames

Brakes disabled by firefighters

Air brakes that would have prevented the disaster failed because they were powered by an engine that was shut down by firefighters as they dealt with a fire probably caused by a fuel or oil line break in the engine shortly before the incident, the railway said. REUTERS

Asiana jet's slow approach probed for clues to crash

Landing. The impact flung rocks hundreds of feet down the runway and tore off parts of the plane.

The Asiana Airlines Boeing 777 that crashed Saturday while landing at San Francisco international airport had slowed to almost 40 miles per hour below its target speed before hitting a seawall short of the runway, a federal investigator said yesterday.

Crash investigators said they don't yet know why the plane was moving so slowly that it was on the verge of losing lift, or whether a pilot with only 43 hours of experience flying that aircraft type was at the controls. All but two of the 307 people on board survived.

Investigators expect to learn more when they interview the four pilots — two of whom were flying the plane when it crashed and two who provided relief on the flight from Seoul, National Transportation Safety Board Chairwoman Debbie Hersman said in a briefing yesterday. She declined to confirm which pilot was at the controls when the plane crashed.

While the plane didn't make any unusual drops or turns as it flew across the bay toward the runway, its speed fell to dangerous levels as it got lower, Hersman said, citing preliminary information from crash-proof recorders. The pilot flying the plane turned off the autopilot at 1,600 feet altitude 82 seconds before the crash, she said. At 1,400 feet altitude a few seconds later, the plane was flying at 196 mph, she said. BLOOMBERG

The charred aircraft remained on the airport tarmac as flight operations gradually returned to normal yesterday. / GETTY IMAGES

Asiana crash

Crash pilot was in 777 training

The pilot was still in training for the Boeing 777 when he attempted to land the plane under supervision Saturday, the South Korean airline said.

Lee Kang-kuk was the second most junior pilot of four on board the Asiana Airlines plane. He had 43 hours of experience flying the long-range jet, the airline said. It was Lee's first attempt to land a 777 at San Francisco airport, although he had flown there 29 times previously on other types of aircraft. REUTERS

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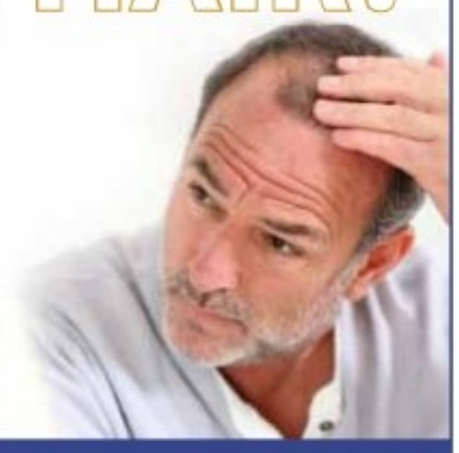

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In-vitro fertilization.
Doctors develop $260 test-tube baby system

Belgian doctors have developed a low-cost version of test-tube baby technology for use in developing countries, where sophisticated Western systems are unaffordable for most.

The researchers said their simplified process cost around $260 per cycle of treatment and delivered results that were not much different to those seen with conventional in-vitro fertilization program.

The price is just 10 to 15 percent of the current cost of Western-style IVF and suggests infertility care could one day become universally accessible, Elke Klerkx from the Genk Institute for Fertility Technology told a medical meeting. REUTERS

Test-tube births

5M

Around 5 million babies have been born around the world since the birth of the first test-tube baby in 1978.

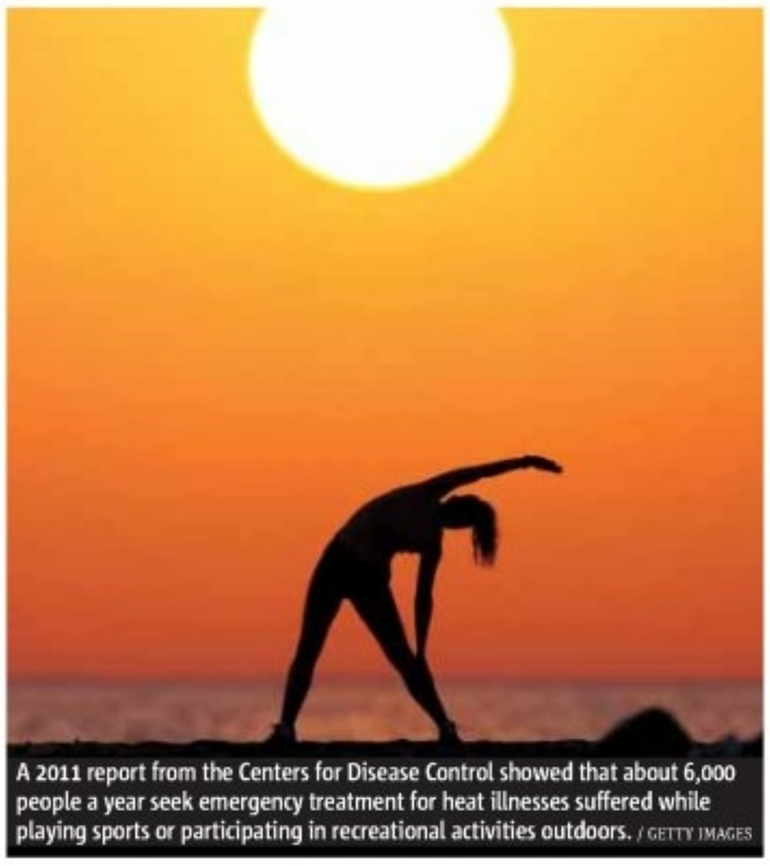
Head shape

Nearly half of babies have a flat skull spot

Close to half of 2-month-olds have a flat spot on the back of their heads, according to a new Canadian study that suggests changes in parents' habits may be a cause.

Although not thought to be medically dangerous, the flattened head shape can become permanent, researchers said. REUTERS

Ease into outdoor fitness on sultry summer days



A 2011 report from the Centers for Disease Control showed that about 6,000 people a year seek emergency treatment for heat illnesses suffered while playing sports or participating in recreational activities outdoors. / GETTY IMAGES

Steamy fitness.
Embrace the heat now to get used to hot exercise all summer long.

Can't take the heat?

Fitness experts say one way for outdoor exercisers who dread the long, hot summer days of steamy runs and breathless aerobics during a heat wave is to embrace it.

"It takes most healthy people 10 to 14 days to fully acclimate to exercising in the heat," said Dr. Cedric X. Bryant, chief science officer of the American Council on Exercise. "In order to achieve that you need to be exercising in heat."

The heat-acclimated individual will sweat sooner and that sweat will be more diluted, Bryant said. There will be a lower risk for dehydration and a reduction in the heat gained through exercise that will help maintain a lower core temperature and heart rate response.

A 2011 report from the Centers for Disease Control showed that about 6,000 people a year seek emergency treatment for heat illnesses suffered while playing sports or participating in other recreational activities outdoors.

While acclimating to the physiological demands of the heat, Bryant said, be sure to tone down your workout. REUTERS

Heat intolerant

25%

Dr. Cedric X. Bryant said as much as 25 percent of the healthy population is estimated to be heat intolerant in an unacclimated state. Once they get acclimated that drops to 2 percent.

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The White House said the plan would build on progress made so far in opening up government data to entrepreneurs and in modernizing government services. / GETTY IMAGES

Second-term tech plan for 'smarter' government

Technology. Obama is naming 43 people to build momentum for streamlining the government.

President Barack Obama said he's devoting part of his second term to improving government efficiency and is putting his new budget director, Sylvia Burwell, in charge of the effort.

"We're operating under severe fiscal constraints," Obama said at the White House after a Cabinet meeting yesterday. "It makes sense for us to be able to redesign government."

The goal, he said, is "making sure that we're delivering services better, faster and more efficiently" while reducing waste and saving taxpayer money.

In his first term, Obama said the government identified more than $2.5 billion in savings by ending overlapping programs and improving efficiency. Obama selected 18 Presidential Innovation Fellows, many of them from California's Silicon Valley, to help streamline government operations though better use of computer technology.

Quoted

"It makes sense for us to be able to redesign government." Obama

The result was improved use of government data and Internet and mobile applications that, for example, allowed disaster victims to sign up for government benefits more quickly. In another area, technology experts created ways to open government statistics for easier use by the public, according to the White House.

BLOOMBERG

New study

One in four injured youth owns a gun

Close to one-quarter of teenagers and young adults treated for assault injuries in a Michigan emergency room reported owning or carrying a gun, according to a new study.

Most of those weapons were obtained illegally according to the study and 22 percent of young gun owners said they had an automatic or semiautomatic firearm.

REUTERS

Murder trial. State seeks to halt animated Martin shooting re-enactment

Prosecutors asked a Florida judge yesterday to block the jury in the George Zimmerman trial from seeing an animated re-enactment of the shooting of unarmed black teenager Trayvon Martin, saying the video distorts the events of that fatal encounter.

State prosecutors argued that the video fails to show the Kel Tec 9mm pistol that Zimmerman used to shoot Martin in February 2012.

REUTERS

Zimmerman / GETTY IMAGES

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2

CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Harry Styles is feeling unprepared, Liam Payne had a rough night, Zayn Malik is a bit peckish and Niall Horan is far too suggestible.

@Harry_Styles: I was told there would be no maths.

@Real_Liam_Payne: Can't even begin to remember who won bowling... Or why I'm awake???

@zaynmalik1D: Think I'm gonna have some weetabix with a banana now

@NiallOfficial: last night Louis made me rolly poly the whole way up the stage! regretting it! Back is destroyed in scratches and bruises from the stage

RICHARD FOULSER/COSMOPOLITAN

Jason Collins' ex-fiancee speaks out

In April, Jason Collins was the first major athlete to come out as gay in an op-ed in Sports Illustrated. He wrote, "I'm a 34-year-old NBA center. I'm black. And I'm gay. I didn't set out to be the first openly gay athlete playing in a major American team sport. But since I am, I'm happy to start the conversation."

The world was shocked, but perhaps no one more so than his former fiancee, Carolyn Moos. "A month before I was set to marry the man I loved, he called off the wedding. I had no idea why. He and I had been together for eight years. We had planned to have children, build a family. Nearly four years later, I got my answer. ... Jason told me he's gay over the phone on a Monday morning in April, the same day the magazine hit newsstands. However, he didn't mention the article — that came as a surprise when I heard about it from a friend," she told the latest issue of Cosmopolitan.

And even though Moos claims she's happy for Collins and thinks he is very brave, she is still angry at his deception. "I empathize with Jason and support him. But at the same time, I remain deeply hurt by him," she said. "I wish he could have been honest with me years ago. I feel like there are two Jasons now — the man I fell in love with and the man I'm trying so hard to understand."

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Chris Pratt quits buying six packs, gets a six-pack

Chris Pratt, "Parks and Recreation" star and husband to Anna Faris, posted this smoking hot selfie on his Instagram account recently — and it will make us all want to give up beer. Almost.

"Six months no beer. #GOTG Kinda douchey to post this but my brother made me," he wrote.

The actor is getting in shape to be the lead in Marvel Studio's big-screen adaptation of "Guardians of the Galaxy," as astronaut Peter Quill.

I have a feeling that just giving up beer alone will not give you six-pack abs like that but still —hubba hubba.

Victoria Beckham weighs in on working mother debate

Anne-Marie Slaughter, Sheryl Sandberg and now there's a new big name weighing in on the motherhood versus career debate: Victoria Beckham.

"When you are successful, the hardest thing is maintaining that level of success, so you work harder to maintain what you have achieved," the fashion designer and former pop star tells Vogue China. "It's a huge juggling act, when you are a working mother and looking after your family. Millions and millions of women around the world are doing this every day, but it's not easy and yes, you feel guilty every time you walk out of the door to go to work."

John Mayer talks about his love of Katy Perry

John Mayer is apparently done being shy about his feelings for Katy Perry. Before launching into the romantic tune "A Face to Call Home" during the kickoff of his summer tour in Milwaukee, Mayer offered an extended dedication to his on-again-off-again girlfriend, saying she is "more incredible than I ever thought," according to a fan's YouTube video of the concert. Mayer recounted how Perry was by his side while he recuperated from throat surgery in Montana.

"She would order for me ... and she would tell people, 'It's nice to meet you,'" Mayer explained. "She was so patient as to continue to get to know me and love me."

So all it takes for John Mayer to fall in love with you is to be polite in casual conversation with strangers? No wonder he's had so many girlfriends.

Cities pick up the slack

Nonfiction. A new book suggests metropolitan areas are taking over brainstorming for the nation.

Bruce Katz and Jennifer Bradley's new book focuses on cities. / RALPH ALSWANG

We all know the system is broken, but maybe instead of hoping in vain that election after election will fix it, we just need to look to a different system.

That's the argument made by Bruce Katz and Jennifer Bradley in "The Metropolitan Revolution," a new book that studies the ways in which cities and their surrounding metro areas are taking up the slack left by the partisan gridlock in Washington.

"Cities and metros are now the vanguard of innovation in the United States, not just the engines of the economy," says Katz, who is the founding director of the Brookings Institution's Metropolitan Policy Program. "More and more, cities and suburbs are coming to understand that, particularly with Washington broken, that they really have to make choices together about pretty substantial issues."

Those issues include infrastructure, education, innovation, manufacturing and trade, and in their book Katz and Bradley point to metros across the country that are already taking innovative steps.

New York City enlisted major universities to help bolster its tech economy for the future; Denver forged a partnership between the city and its surrounding suburbs rather than pitting them against one another; and Houston has chosen to view its immigrant community as a unique asset rather than a drain on public coffers.

Most of these initiatives were undertaken, Katz says, in the aftermath of the Great Recession. "The recession really unveiled a growth model that wasn't working for the country. Running up to the recession there was this focus on consumption, home-building, stadium-building; we lost sight of the fundamentals in terms of what really drives economies and prosperity for people. So cities, which are on the front lines of everything, understood that we needed to get back to basics."

Through its case studies and prescriptions for innovation, Katz wants the book to inspire other cities to undertake more ambitious transformations.

"The reality is pretty stark in terms of the challenges that cities and metros face and the fact that the federal government has left the building," he says. "I think the metropolitan revolution is what this century demands."

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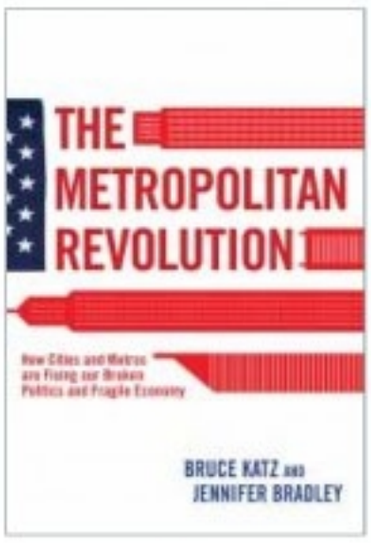
THE METROPOLITAN REVOLUTION
How Cities and Metros are Fixing our Broken Politics and Fragile Economy
BRUCE KATZ AND JENNIFER BRADLEY

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Calling YA fiction fans

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Wiig just can't always be on

Interview. Playing larger-than-life characters is her forte, but she says she can't be funny all the time.

Kristen Wiig voices a Lucille Ball-esque character in "Despicable Me 2." / GETTY IMAGES

Kristen Wiig is dealing with the fact that she's always expected to be "on." The comic actress and "SNL" vet has made a name for herself with outlandish characters and hilarious writing, but she's actually quite shy when she's not on the clock. Unfortunately, when promoting an animated film like "Despicable Me 2," that's not very often.

"I mean, in an interview I am aware that I'm being recorded and written about, so there's a kind of a persona you have to bring out a little bit," she admits. "I find that people who interview me expect probably more of a comedic personality than in real life."

Wrestling with those perceptions has perhaps gotten easier now that she's left "SNL," where she became a standout over seven seasons with crazy characters like Gilly and the Target Lady. She even enjoyed a touching send-off when she left the show, dancing with cast members and creator Lorne Michaels — a tribute most "SNL" actors don't enjoy.

A year after her tearful farewell from "SNL," she admits she's finally getting used to not being on the show. "I do miss it," she admits. "It's getting easier now, because they're on [summer] hiatus. I don't imagine what they're doing — not in a creepy way, but just ... It was such a big part of my life for seven years, and it was a transition to leave, but it's getting better."

In the "Despicable Me" world, Wiig worked with the traits of one of her famous predecessors: She plays Lucy, a brassy, clumsy redhead tasked with roping retired supervillain Gru (Steve Carell) into a mission.

Lucy is also fearless, a trait Wiig humbly declines to apply to herself. "Um no," she says. "I don't know, in some ways, I guess. But I don't think anyone is 100 percent fearless."

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Scenic views, tasty chews

Eats. Martha's Vineyard restaurant Water Street excites all the senses.

You could almost forget the food and just drink in the view through the wraparound windows of the Harbor View Hotel's aptly named restaurant, Water Street. You could, but it would be a mistake. Because, as idyllic as Water's Street's panorama is — picturesque views of the Edgartown lighthouse, the harbor, Chappaquiddick beach's striped cabanas, old New England in miniature — its new summer menu might be even better. The fare is eclectic, even experimental, and commands attention.

Water Street's chef, Shaun Brian Sells, balances the locavore movement's back-to-naturism with molecular gastronomy's scientific flourishes. The fruits of this marriage are evident in white balsamic pearls that invigorate the tongue, while his man-made vinegary caviar somehow piques the intellect. All senses are excited.

Here, the beauty lies mostly in simplicity. For summer, Sells lines up refreshing cucumber gazpacho with a smoked crema; a squid ink linguine with locally dug clams in a white wine and peppercorn broth; and pan-seared diver scallops with crisped fatty pork cheek, piquant watermelon radish and a white miso dashi.

Sells and his team butcher and cure meat from a locally raised pig in-house and then slice the rich meat wafer-thin for their fine charcuterie platter. Fatty jowl, marbled shoulder and leaner loin display varying degrees of lard and muscle, and are paired with in-house pickled vegetables.

On the sweeter side, a delicate panna cotta contains a passion fruit jam and peppery gingerbread, and a chocolate pate is paired with meringue and swirls of tangy balsamic caramel. Freshly made strawberry doughnuts and cocoa cupcakes are on the menu (which changes weekly) for Water Street's Sunday brunch. After dinner here, one is tempted to book a room at the Harbor View and stick around for those doughnuts come morning light.

NOSH ON LINDA LABAN
linda.laban@metro.us

If you go

Water Street

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Chef Shaun Brian Sells plates dishes from his new summer menu. / ELI DAGOSTINO

TV watch list

REALITY

'Betty White's Off Their Rockers'

The season finale of adorably bawdy octogenarian White's reality show about old people behaving badly features, among other delights, an elderly lady attempting to take a nude selfie. That's totally something we need to see.

SEASON FINALE, 8:30 P.M., NBC

REALITY

'Bad Girls Club All Star Battle'

In the season finale of this show about "bad girls" catfighting and generally being terrible, the winner is revealed. What does she win — a first-class ticket to jail/rehab/a home for wayward girls? **SEASON FINALE, 8 P.M., OXYGEN**

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PLUS

Feelin' hot, hot, hot

Worried about it being too hot this time of year? Don't sweat it — temperatures in the DR don't fluctuate more than a few degrees between seasons. Time to put on the bathing suit!

Get down with the DR

Destinations. Discover the simple serenity of the Dominican Republic's Samana Peninsula before the secret gets out.

The resort's Beachside Grill takes alfresco dining to a whole new level. / SUBLIME SAMANA HOTEL & RESIDENCES

School's officially out for summer, which means local vacation spots will be swarming. In search of a more serene getaway? Head south — way south — to the beautiful beaches of the Dominican Republic. The cities of Punta Cana and Puerta Plata have long been the country's top tourist destinations, but popularity comes with a price: crowds. On Hispaniola's Atlantic coast, far away from the hustle and bustle, the Samana Peninsula offers visitors miles of untouched beaches and a true taste of island culture.

Sublime Samana Resort and Residences (www.sublimesamana.com), located just a 20-minute ride from El Catey airport, is nestled quietly between the mountains and the coastline, providing a spectacular view in all directions. The province is one of the most pristine natural habitats of the Caribbean — the brochure pictures of endless palm trees and empty shores along the Samana are legit. Sink into a sunny lounge chair on the private six-mile beach and dip yourself in crystal clear turquoise waters, sharing your swim only with the occasional fish or pod of dolphins.

For those who prefer slightly calmer seas, two large pools bookend the property. Or, camp out in a private palapa, soak up some Dominican sun and simply slip into one of the adjacent plunge pools, gracefully interwoven through the center of the resort just a few steps from your front door.

A short stroll through soft white sand leads guests to a rustic spa, which offers visitors a variety of treatments in open-air cabins, surrounded by the scents and sounds of Atlantic waves crashing on the shore. After a relaxing ritual, refuel alfresco at the Beachside Grill, open for breakfast and lunch.

The collection of 20 suites and villas feature a variety of rooms sized for two, four or more. Each is appointed with floor-to-ceiling windows, full dining rooms, fully equipped kitchens and private balconies, many with hot tubs. Large groups can take up residence in one of four casitas — two- or three-bedroom villas complete with a garden or ocean view.

Need something? Just ask the on-site manager, Paula. From restaurant recommendations to fresh towels, she can get anything and everything. Mention casually that your flip-flops didn't make it into your luggage and a pair will suddenly materialize in your closet.

But don't get so comfy that you miss the chance to explore the treasures that the area has to offer off-site.

Accompany executive chef Christian Matias Baez on a trip to the local fish market (read: the beach where fishing boats come ashore). Select your favorite seafood — you'll never find it so fresh. Back on the property, assist the chef in preparing your meal, all while learning about local ingredients and techniques for getting the most flavor from your food. Then, of course, enjoy the fruits of your labor!

Hike or horseback through the rainforest that surrounds the Sierra Samana mountain range to the Salto de Limon waterfalls. See the local flora that grow abundantly before reaching the falls that cascade down 180 feet into a freshwater pool, perfect for cooling off after the trek.

In the winter months, Samana Bay is a spawning ground for humpback whales. Watch these wondrous animals as they sing love songs and make flying leaps through the air in attempts to woo partners, then escort their newborn calves into the deep blue sea.

MICHELLE BOYLES
michelle.boyles@metro.us

Who needs a filter when the sunset looks like this? / SUBLIME SAMANA HOTEL & RESIDENCES

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Crying over spilled milk, then laughing about it

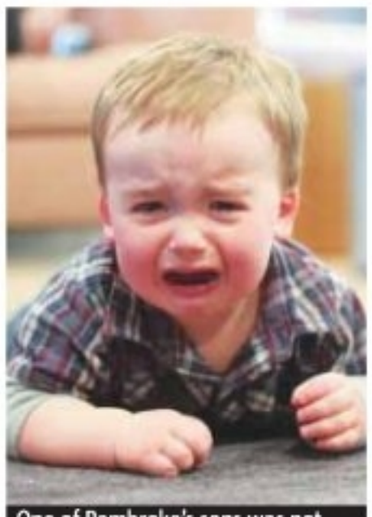
Books. One dad's pictures of his sons helped him cope with parenting.

Greg Pembroke's son was having a meltdown in a museum. Over cheese. A piece of cheese, torn down the middle.

"My oldest son just started to wail in the middle of this museum," he remembers. "I'm like, 'Well, this is so over the top.'"

The Rochester, N.Y., dad of two snapped a pic of his son's tear-strewn face, posting it to Facebook in an album that became a blog that spawned a book.

The creator of the "Reasons My Son Is Crying" Tumblr blog, which recently went viral, is now penning the book. Parents from all over the world flooded him with submissions of their bawling babies, from New Jersey kids tumbling out of a hammock to a Chinese baby upset with his Superman outfit. The 33-year-old dad says posting pictures can be parenting therapy.



One of Pembroke's sons was not impressed during a New York trip.
COURTESY OF BRANDON STANTON, HUMANS OF NEW YORK

What was it like to have pictures of your kids go viral?
It was so crazy. After [it appeared on Reddit], it started to spread so quickly. … It's a little overwhelming initially, but the feedback was so overwhelmingly positive. …
I think someone has visited my blog from every country in the world, except maybe North Korea. You can't win them all.

Why do you think this has struck such a chord?
In general, the people that get it are people [who] have normal, healthy toddlers, who have been around kids. This is a phase they go through. It's going to happen. …. Kids are going to cry. You can either pull your hair out, or you can say, "This is a little bit ridiculous."

How has this helped you in your own parenting?
It really does help you see the humor side. This is a stage in childhood development, a stage in parenting. I know that I'm going to miss this when they're out of it, and it's a reminder to just kind of laugh about the insanity.

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Pregnant trainer gives fitness tips

Exercise. Here's how to stay happy and healthy during your pregnancy.

After advising countless pregnant clients, Kristin McGee is now taking her own advice.

The celebrity trainer is expecting her first baby sometime this month, and she is keeping fit to feel healthy throughout her own pregnancy.

"Don't be afraid to be a sexy mom," she advises moms-to-be. "Know you can still rock cute outfits that hug your curves. Don't hide in baggy clothes."

Prenatal yoga has helped her, she says, with poses structured to fight the discomforts of pregnancy and breathing exercises to cut stress. But avoid deep poses like a seated spinal twist, McGee cautions.

In her first trimester, yoga helped ease her nausea, she says, and she slept more soundly in the second — another perk she attributes to yoga.

McGee gave Metro five tips on keeping healthy during pregnancy. She's certified in yoga and Pilates, but even if you don't — or can't — regularly hit the gym, McGee's tips will keep you feeling your best:

Keep moving

You may feel tired, nauseated and low on energy throughout your pregnancy, but I promise moving even just in small amounts helps beat fatigue, combat nausea and boost energy.

Tip

Drink lots and lots of water

This one is hard because the trips to the bathroom become more and more frequent, but it's super important to stay hydrated. Get some naturally flavored waters like Hint or make a big pitcher and add lemons, oranges, cucumbers or berries to it. I drink a lot of caffeine-free teas that are safe during pregnancy and put them on ice as well. Also, coconut water is very hydrating and helpful.

Do some yoga

I've continued my practice, and I swear it's helped me not only feel better physically, but also mentally. It's also helped me really bond with my body as it changes and with my baby as he grows.

Tone with therabands

These are lightweight yet add resistance. You can sit on the floor, legs straight out in front of you, and loop the band around your feet. Hold each end in your hands and do some low rows, high rows, biceps curls, etc.

Breathe deeply

Give yourself a few moments each day to connect with your breath and tune into your body.

ALISON BOWEN
alison.bowen@metro.us

Kristin McGee suggests using bands to stay in shape. / PROVIDED.

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Horoscope

♋ Cancer | June 21-July 22.
This may not be one of your better days for managing resources, either yours or other people's. Even if asked to do so, don't take on any fiscal responsibilities.

♌ Leo | July 23-Aug. 22.
If someone thinks you're acting self-serving, this person might place obstacles in your path just to trip you up. Don't give them an excuse to interfere.

♍ Virgo | Aug. 23-Sept. 22.
When attempting to fulfill an ambitious objective, you should keep moderation in mind. Even if you're on the right track, watch out, because the rail might be flimsy.

♎ Libra | Sept. 23-Oct. 22.
Any involvement that has strong elements of risk or speculation would be best avoided today. There's a chance that your belief in losing might take precedence over your will to win.

♏ Scorpio | Oct. 23-Nov. 21.
Even though you're apt to be ambitious and industrious, you might do things the hard way, which will end up being counterproductive. Think your moves through carefully.

♐ Sagittarius | Nov. 22-Dec. 21.
If you're trying to bluff your way through something, you had better have a good poker face. Opponents will easily read your intentions if you're not careful.

♑ Capricorn | Dec. 22-Jan 20.
It will take some exceptionally shrewd maneuvering on your part to come out on top in a business matter. Keep this in mind when you sit down to negotiate.

♒ Aquarius | Jan. 21-Feb 18.
Strive to maintain harmony and balance in all of your personal and business affairs. If you don't, things could get out of sync very quickly.

♓ Pisces | Feb. 19-March 20.
Sadly, others won't be as eager to help you as you are to help others. Don't embarrass yourself by requesting a favor from someone unless it's absolutely necessary.

♈ Aries | March 21-April 20.
Even though you try to promote cooperation, you might still run into someone who resists all such attempts. Don't be afraid to play rough.

♉ Taurus | April 21-May 21.
If you find yourself having to share credit with someone you dislike, don't make your feelings obvious. Be above it all and give acknowledgement where it is due.

♊ Gemini | May 22-June 20.
It isn't likely that you'll get others to have faith in your ideas if you show doubt about them yourself. Have confidence or go home.

BERNICE BEDE OSOL

Letters

Smokers the butt of unfair prejudice

Re: 'What's the real cost of lighting up?' (Metro, July 8) I am a 70-year-old smoker, and my smoking never cost my work or insurance a penny. I'm still working full time and see a lot of people wasting more time talking to each other than smoking. I still get the best productivity reviews. Instead of going after smokers, they should go after drinkers that miss more days of work than smokers and also cost a lot of grief to their families and to the insurance companies. Smokers never hurt anyone.

SILVIA TORRE, VIA EMAIL

First, I will say I am a smoker. As far as the cost to an employer for smokers, I think people need to get off their high horses and leave us alone. I work a full-time job and, until very recently, I also worked a part-time job. At my full-time job, I am at a desk, and I can say that as long as there is work to do, I don't think about taking a smoke break. I am entitled to a 15-minute break in the morning and a half-hour lunch break. I choose to eat my lunch at my desk. I didn't spend 20 minutes to a half-hour on a personal call or email to one of my children or spend time talking non-work-related things with my fellow employees as they arrived. The bottom line is if an employer has a smoking employee, see if they are doing their work and measuring up to the rest of the staff. Don't just assume because they go out for a smoke they are less productive than the non-smoking employee.

DEBBIE DANFORTH, VIA EMAIL

Online

Read letters at Metro.us

In addition to news, features, updates and more, Metro is posting letters to the editor at Metro.us.

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

3	6		5		4			
7			3				5	8
				1				
		5			3	1	9	
		1	2	9	7	6		
	2	6	8			7		
				3				
1	9				2			7
			7		5		1	9

				7		4		
7		8	9			1		3
	1				5	8		
	5		6			7		4
			2		7			
9		7			4		3	
		3	1				4	
1		5			8	3		6
		2		6				

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 "Don't tell me!" (2 wds.)
5 Grayish
9 Nile city
14 Tarot reader
15 Othello's betrayer
16 Funny bone
17 Curdled
19 Motel staffers
20 Elev.
21 Road map info
22 Mr. Ventura
23 More spacious
25 Standing
26 Swing voter (abbr.)
27 Eclair filling
30 Hockey gear
33 Pita treats
34 Female whale
36 Handel contemporary
37 Of a Peruvian empire
38 BBs
39 Faultfinder
40 Ring-shaped reef
41 Quaking tree
42 Nom de plume (2 wds.)
44 DJ's platters
45 Type of lock
46 Brides toss them
50 Shade of green
52 A kiss in Granada
53 Grassy field
54 Metal mixture
55 Successful inventors
57 Horse's brakes
58 Fog up
59 Concludes
60 Luau
61 Takes tea
62 Not hard

Down
1 Golden statuette
2 Word of welcome
3 "Groovy!"
4 Moon or eye
5 Lost some
6 Less common
7 Geological divisions
8 Build, slangily
9 Glues tight
10 49th state
11 Heron kin
12 Was driven
13 Startled cries
18 Extreme edge
22 He jilted Medea
24 Lab denizens
25 In the country
27 Dishwasher phase
28 Mounties' org.
29 Rounded roof
30 Japanese honorific
31 Ambush
32 "Picnic" penner
33 Pithy saying
35 Finished first
37 Where Pisa is
38 Sec'y.
40 Investment-firm employee
41 Barbecue garb
43 Quick-dry fabrics
44 Hologram makers
46 Outfit (hyph.)
47 "Maria —"
48 Orchestra section
49 Smart-mouthed
50 MOMA artist
51 He directed Marlon
52 Island near Java
54 Rover's bark
55 "Mystery!" channel
56 Golfer's gizmo

Yesterday's answer

■	P	U	B	■	B	E	A	D	■	M	A	N	N	A
V	O	C	E	■	U	R	S	A	■	O	B	E	Y	S
P	E	L	T	■	R	A	I	N	F	O	R	E	S	T
S	T	A	T	E	N	■	A	D	O	■	I	D	E	A
■	■	■	A	L	O	T	■	Y	A	R	D	■	■	■
C	U	T	S	H	O	R	T	■	M	O	G	U	L	S
U	T	A	■	I	S	A	A	C	■	T	E	N	E	T
M	I	C	H	■	E	M	M	A	S	■	S	P	A	R
I	L	I	A	D	■	S	E	R	U	M	■	E	V	A
N	E	T	T	E	D	■	D	E	B	U	G	G	E	D
■	■	■	C	R	A	G	■	S	T	I	R	■	■	■
L	A	S	H	■	Z	I	G	■	O	R	A	C	L	E
I	R	R	E	L	E	V	A	N	T	■	S	L	O	T
M	A	T	T	E	■	E	Z	R	A	■	P	I	L	E
A	B	A	S	E	■	R	E	A	L	■	S	O	L	■

Interactive Crossword

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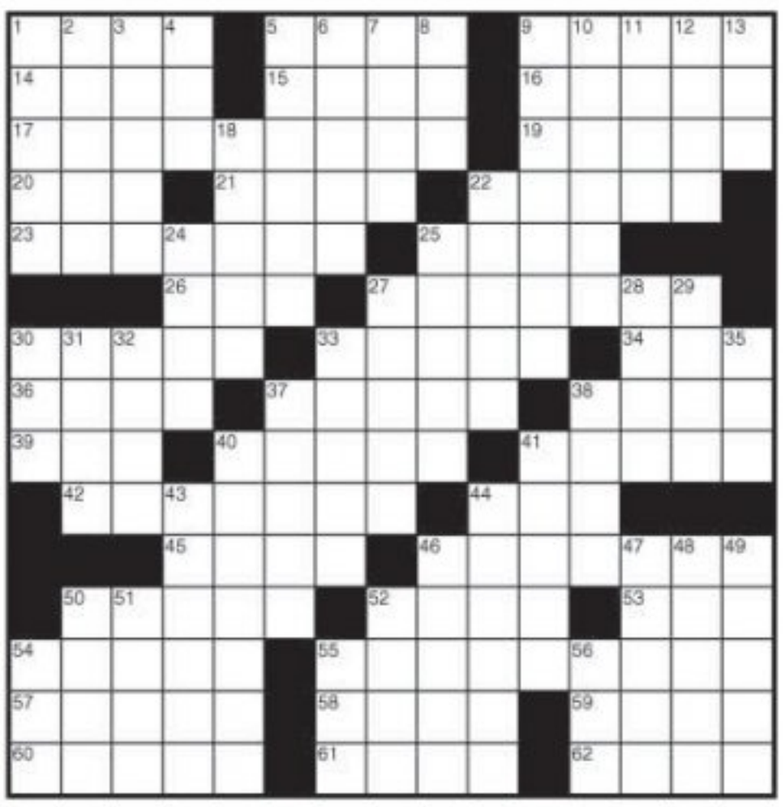

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MLB power rankings | by Ryan Hannable

No. 1

Red Sox (54-36)

Pitching has been the story of late as Sox starters have six straight quality starts dating back to a week ago Sunday. Boston has won an MLB-leading 54 games on the year.

No. 2

Cardinals (53-34)

The Cardinals continue to prove they are one of the more balanced teams in all of baseball. They have the top team batting average in the NL at .274 and the third best ERA at 3.34.

No. 3

Pirates (53-34)

After making their debut at the top spot last week, the Pirates didn't have the best of weeks, going 2-4 against the Cubs and Phillies.

No. 4

Athletics (52-37)

A 4-2 week last week has the A's back on top in the AL West by the slimmest of margins over the Rangers. Their hitters have cooled off but their pitching has been much improved.

No. 5

Rangers (51-37)

The explosive Rangers offense hasn't been that explosive of late as they're averaging 4.36 runs per game, below the league average.

No. 6

Braves (50-38)

Atlanta has been dominant at home going 29-13, but the Braves haven't been the same on the road as they own a 21-25 mark. Their lead in the NL East has been cut to four games.

No. 7

Reds (50-38)

Cincy lost two of three to the Mariners over the weekend and has fallen three games behind the Pirates and Cards for first place in the NL Central.

Best of the rest

- **No. 8 Rays (49-40)** — The Rays have won eight of their last nine and have surged up the AL East standings.
- **No. 9 Tigers (48-39)** — Detroit has the second-best run differential in the AL at plus-90, but the Tigers own just a 2 1/2-game lead in the extremely weak AL Central.
- **No. 10 D'backs (47-41)** — Their pitching and defense have been outstanding in their recent win streak, allowing only 1.8 runs per game.

See the full Top 20 at Metro.us.

CELTICS SHOULDN'T TRADE RONDO

Opinion

MATT BURKE
MATTHEW.BURKE@METRO.US

As much as it will sting this weekend when Paul Pierce and Kevin Garnett are holding up black and white jerseys in Brooklyn, Celtics fans should be happy going forward.

The Pierce, Garnett, Rivers (and Ray Allen) window is closed and, frankly, has been for a while. The days of attempting to patch together a championship contender are over. Right now, Danny Ainge and the Celtics are in the business of trying to construct the league's next best collective superpower that will compete for the 2017, 2018 and 2019 titles, and the best way to do that is to try and land the league's next LeBron James or Kevin Durant. In other words, they should tank the 2013-14 season in an effort to draft Andrew Wiggins, Jabari Parker, Julius Randle or Marcus Smart – the guys who are believed to be the "next big things." The guys who could allow the Celtics to compete for titles, not just for three or four years like a late-stage Garnett, but for 10, 15, possibly 20 years.

But trading Rajon Rondo, now easily the team's best player and a guy with a team-friendly contract, in order to secure one of the NBA's worst records should not be on the C's list of priorities. Ainge says that the Celtics are in position for a "quicker turnaround" than when he took the reins of the franchise in 2003. And there is actually plenty of reason to believe that he is telling the truth on this one (though if the last month or so has taught us anything regarding the Celtics, 'Don't trust a thing Danny Ainge says' is it).

By Ainge's first-term standards, the Celtics are already in 2006-07 mode. They won a championship a year later to complete the greatest single season turnaround in league history. While it's highly unlikely that the C's will capture the 2014-15 NBA crown, there is a great chance that they could be extremely good in just a year and a half. That is, if they keep Rondo to pair alongside one of these "next LeBron" types.

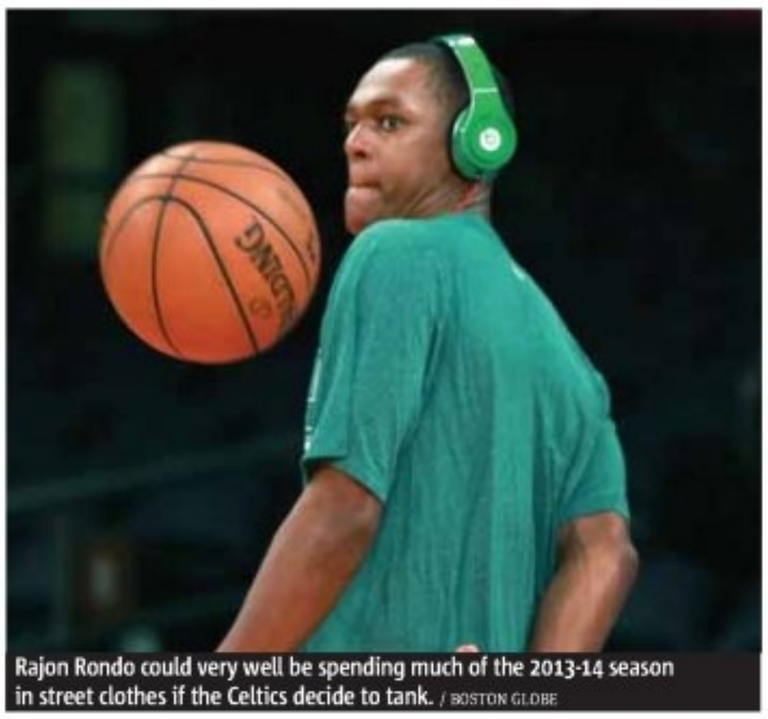
It's one thing to get lucky in the draft lottery. But an even harder task in the NBA is trying to lure a Top 25 player to come play for you in free agency. Just ask the Lakers, who are based in arguably the top market in the league. Free agency is tricky, no matter where your franchise is based.

Now Rondo probably isn't talented enough to be the No. 1 guy on a championship team. But even Rondo bashers would have to admit he has the talent to be a pretty damn good No. 2 option. At peak performance, he could even be the league's top sidekick.

As for that whole attitude thing? There's a reason why Brad Stevens is going to get paid $22 million through the end of this decade. Championship coaches have to deal with egos and hot-headed players. Phil Jackson dealt with Kobe. Phil Jackson dealt with Rodman. Chuck Daly dealt with Rodman. Rudy Tomjanovich dealt with Vernon Maxwell. And Doc Rivers dealt with a guy named Rajon Rondo. Good coaches, championship coaches, find a way.

This is for certain: The easiest route to the next title involves Rondo, and it involves Stevens. It involves Rondo nursing his ACL Derrick Rose-style in 2013-14. It involves Stevens making Jared Sullinger, Avery Bradley, Jeff Green and Kelly Olynyk into hot, young NBA commodities in 2013-14. Beyond that it involves Rondo and Stevens getting along.

A quick turnaround is doable for Ainge. But if Rondo is holding up a different colored jersey in another NBA city in these next couple of years, well, that's when things will start to become complicated.



Rajon Rondo could very well be spending much of the 2013-14 season in street clothes if the Celtics decide to tank. / BOSTON GLOBE

3 SPORTS DETROIT STO

Coach Wallace

'Sheed to the bench

Rasheed Wallace retired from a 17-year NBA career last season after a brief stint with the Knicks, but he's found a new way to earn technical fouls as he has taken an assistant coaching position with the Pistons. The former Celtics big man will work with young post players Andre Drummond and Greg Monroe.

Watch online

Find a recap and video of last night's Red Sox-Mariners game at: **Metro.us/sports**

Eriksson looks to give Bruins offense a boost

Loui Eriksson was extremely consistent during his time in Dallas. / GETTY IMAGES

NHL. The former Dallas winger had three straight years of 70-plus points.

The long-term potential of Tyler Seguin will be debated for quite some time, but the Bruins confirmed in their Fourth of July blockbuster trade with Dallas that their focus remains on contending for a Stanley Cup in the short-term. By bringing in Dallas forward Loui Eriksson, the B's will have a consistent scorer going forward. The 6-foot-1, 189-pound Swede, who recorded 29 points in the 2013 lockout-shortened season, spoke with the media for the first time since the trade yesterday.

"I'm really looking forward to playing in Boston," the 27-year-old Eriksson said. "Everything happened really fast with the trade, but I'm really excited, and I'm really looking forward to it. It will be awesome to come there and play. I'm going to try to play my best and try to help them win the Cup."

Eriksson has experience on both the left and right wings, but will primarily be used on the right side in Boston.

"I think that will be a good fit for me," Eriksson said. "I know they have real good players, especially [Patrice] Bergeron, and they have [David] Krejci as centerman, and they have a lot of good players to play with."

MATT BURKE
matthew.burke@metro.us

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Medical Research

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